



* Tips For * Nursing Mothers

Mom's Diet and Well-Being



Taking care of a new baby takes energy, patience, and time. A mother cannot give her baby everything he needs if she is tired, sick or depressed. An important part of mothering is learning to take care of yourself as well as your child. Eating a healthy diet, increasing physical activity, and knowing how to deal with new feelings will help you care for yourself so you can care for your new baby.

breastmilk. Flavors in foods can pass into breastmilk. Your baby may like some flavors better than others. Spicy foods and strongly flavored foods are okay to eat when breastfeeding. If your baby is always fussy after you eat a certain food, cut back on eating that food for a while.

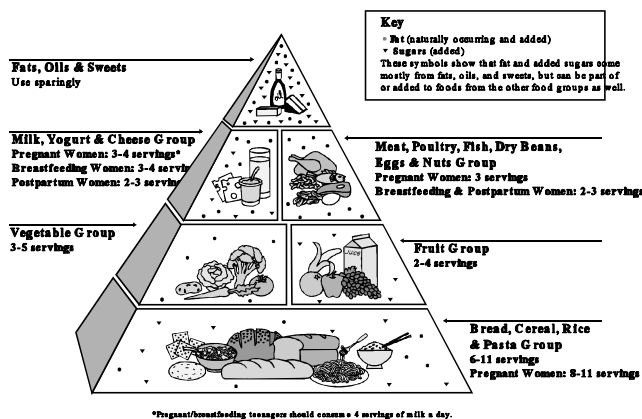
2. Eat a variety of foods. You'll get all the nutrients you need if you eat a little of a lot of different foods.

3. Eat when you are hungry and drink fluids to avoid being thirsty. If you notice you are not going to the restroom as often as usual, if your urine is dark yellow, or if you are constipated, you need to drink more fluids - water, juice, milk, etc.

4. If you want to lose weight, lose it slowly. It took you nine months to gain the weight, give yourself at least 9 months to lose it. Lose no more than a pound a week! Choose low fat foods. Cut back on fried foods and sweets. Avoid crash diets and diet pills. Increase your activity level.

5. You can drink one to two caffeinated drinks (coffee, tea, colas) each day. Watch your baby for cues. If your baby is restless or irritable after you have a drink with caffeine, cut back on your caffeine. Young infants do not get rid of caffeine as quickly from their bodies as older infants, children, and adults. Chocolate has a substance in it that is like caffeine, so don't eat too much of it at one time.

The Food Guide Pyramid



Food Guide Pyramid For Breastfeeding Women

Did you notice anything about the food guide pyramid for breastfeeding women? It's the same pyramid for all women!

Eating Tips

1. Listen to your body and watch your baby for cues! Eat the foods you like. Your baby will tell you if they do not agree with him. Fiber in foods is usually what gives you gas. Fiber, however, does not pass into

6. Enjoy eating! A breastfeeding diet is the same as any healthy diet - easy, enjoyable eating. It's okay to eat the foods you love - just eat a variety of foods - you'll feel better, look better, be healthier, and provide your baby with the best possible food - your perfect milk!

7. If you have questions about what to eat, talk with the WIC nutritionist or nurse.

Alcohol Tips

Alcohol passes into breastmilk. The amount of alcohol in your breastmilk is about the same as the amount of alcohol in your blood. When your body has processed the alcohol out of your blood, it will also be out of your breastmilk. If you want to have a drink on a special occasion, wait 2-3 hours or until you can no longer feel the effects of the drink before breastfeeding your baby.

Smoking Tips

Nicotine passes into breastmilk. Stop smoking or cut back. Do not smoke or allow anyone else to smoke around your baby. More nicotine can be passed to a baby through second-hand smoke than through breastmilk!

Exercise Tips

1. Allow yourself time to recover from giving birth. Wait a couple of weeks before starting mild exercise.

2. Start off slowly and gradually work up to longer and more difficult exercises. Mild to moderate exercise will have little effect on your breastmilk. Excessive exercise (preparing for a marathon) may change the taste of your breastmilk for up to 60 minutes after exercising. Many babies are not bothered by the change in taste. If your baby

refuses to nurse after you have exercised, it may be the salty taste on your skin. Try wiping the sweat off your breast before nursing.

3. Nurse your baby just before exercising for your comfort.

4. Pay attention to weight loss. Lose no more than a pound a week.

5. Drink fluids during and after exercising.

6. Have fun! Choose an activity you enjoy and one you can do with your baby.

7. If you feel pain, dizzy, have bleeding, or other concerns, stop exercising and call your doctor.

Baby Blues

Many mothers feel sad after the baby is born.

- There may be a sense of loss now that the pregnancy is over.
- Birth may not have been like you hoped or planned.
- You may have a greater sense of your baby's helplessness and be anxious about your ability to protect him.
- Being a mother may be more difficult than you expected.

These are all normal postpartum feelings which should fade with time. For some women, these feelings don't go away, or they worsen. A few women may feel that they can not take care of their baby or themselves. It is important to get help if you feel this way. Contact the hospital, your doctor's office, a relative or friend if you need help with these feelings.